



South Central District Health

Keeping your family & community healthy

*Twin Falls 734-5900 * Burley 678-8221 * Gooding 934-4477 * Hailey 788-4335 * Jerome 324-8838 * Rupert 436-7185*

STREP THROAT and SCARLET FEVER

What is strep throat?

Strep throat is a bacterial infection of the throat. Strep throat is caused by group A Streptococcus bacteria. Strep throat is more common in children than in adults.

What is scarlet fever?

Scarlet fever is a serious form of streptococcal disease.

What are the symptoms of strep throat and scarlet fever?

Symptoms of strep throat infections may include severe sore throat, fever, headache, and swollen glands. If not treated, strep infections can lead to scarlet fever; rheumatic fever; pneumonia; and skin, bloodstream, or ear infections. Scarlet fever is characterized by a bright red, rough textured rash that spreads all over the body. Rheumatic fever is a serious disease that can damage the heart valves.

How is strep throat spread?

Strep throat is easily spread when an infected person coughs or sneezes contaminated droplets into the air and another person inhales them. A person can also become infected from touching these secretions and then touching their mouth or nose.

When do signs appear after a person has been exposed to strep throat?

Usually within 1-3 days after exposure to the disease.

How can I prevent the spread of strep throat infections?

Wash hands frequently. Cover your nose and mouth when coughing or sneezing.

What should I do if I suspect I have a case of strep throat or scarlet fever?

See your health care professional.

What should I do if I have been exposed to strep throat?

Carefully observe for symptoms of sore throat and fever.

When should a person return to school, work, or day care after having strep throat?

A child diagnosed with strep throat may return to school or day care after having been on antibiotic therapy for at least 24 hours.

For more information, please contact your local District Health office.